

# DISCOVER



The Development of Combat Power and Efficiency

Vol. 26, No. 10-- Friday, May 17, 2002 -- Brooks AFB, Texas

Through the Many Facets of Aerospace Medicine

## Risks of ephedra outweigh benefits

G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON — Air Force personnel are strongly advised to contact their physician or health care provider before taking dietary supplements containing Ma Huang, ephedra or ephedra alkaloids, according to Air Force Surgeon General officials.

“Consultation is especially necessary if an individual has pre-existing medical problems, is taking other medications or exercises vigorously as part of their occupation or fitness program,” said RAF Wing Commander (Dr.) Victor Wallace, chief of Flight Medicine at the Air Force Medical Operations Agency. Wallace is a Royal Air Force exchange officer.

Such supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, may pose health and occupational risk even for those not taking other prescribed drugs, Wallace said.

Today, at least 20 states and the National Football League have banned or restricted use of ephedrine products.

The Office of the Air Force Surgeon General issued a policy letter in October 1999 cautioning military members, especially those on flying status and the personnel reliability program, to consider herbals and dietary supplements as “over the counter” medications.

The letter requires aircrew members and PRP members to discuss supplements with their health care provider

See Supplements, Page 3



Courtesy photo

### Always training

Survival Evasion Resistance Escape course instructors from the U.S. Air Force School of Aerospace Medicine conduct upgrade, proficiency and demonstration parachute training at least once a month, in addition to their other duties as instructors. Two of the course instructors recently received Instructor of the Year awards from the Air Force Materiel Command. See related stories in upcoming issue.

# USAFSAM SERE instructors earn Instructor of the Year awards

By Rita Boland

Discovery staff writer

Two Survival Evasion Resistance Escape program instructors from the U.S. Air Force School of Aerospace Medicine at Brooks earned SERE instructor of the Year honors for 2001.

Tech. Sgt. Dave Anderson and Master Sgt. James McHan earned the awards for non commissioned officer and senior NCO, respectively, from Air Force Materiel Command.

“(Anderson) did exactly what he needed to do not only as a SERE instructor, but as an NCO in the Air Force,” said McHan, the superintendent of the SERE Operations at USAFSAM. “He went above and beyond in all areas.”

McHan was dually nominated for his award.

Both McHan and Anderson have worked with the SERE program their entire Air Force careers.

“It’s a rewarding job,” McHan said. “Some of (the students) have never been in the woods at all. Some of them are just back from Afghanistan, saying ‘I wish I had this training before I went.’ The end product is very rewarding.”

McHan and Anderson train medical personnel who will be involved in flight missions. The course teaches students how to survive and evade in friendly or enemy territory. Historically, at least one medical person has been captured during every war in which the United States has engaged.

All medical aircrew members are required to complete this training.

“We teach skills for basic global survival,” Anderson said.

According to McHan and Anderson, there are five basic survival needs: sustenance, travel, personal protection, medical needs, and signaling and recovery.

The course at USAFSAM focuses less on the medical needs than other programs because the students already have medical training. Only primitive medical aspects are covered during the course.

During the eight-day course, students focus on learning to make fires, build shelters, find food, gather water, use a map and compass, evasion and other basic survival needs.

Three of the eight course days are spent in the classroom, another is spent in the pool and students spend four days and three nights in the field.

“It’s a big confidence-building course,” Anderson said. “A large portion is mental,” he added.

Though most of the stress may be mental, the physical demands also take their toll, on students and instructors.

“It’s taxing,” McHan said. “We just got back from the field (last week) and we’re going (right) back. Then we have a week off and we go again. We work at least 16 hour days while in the field, and in the summer heat even the instructors start to wear down.”

The instructors take a few comforts along but students have only a survival vest, their canteens for water, and foods they might find in the wilderness like plants and animals.

Over the last few years, steps have been taken toward giving the students fewer materials in the field.

“The only thing they have for the last two days is a survival vest and canteens,” McHan said. “We may give them a wool blanket in winter for safety.”

Keeping the students safe is the top priority for SERE instructors.

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DISCOVERY

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# I thank my common sense



Photo by Dale Eckroth

By Master Sgt. Jeff Bohn

90th Space Wing Public Affairs Office

“Don’t stare at the light,” was the first thing that I remember about Mothers Day 2002. The advisory sticker was on the inside of a computerized axial tomography machine — also known as a CT Scan machine — at United Medical Center in Cheyenne, Wyo. I was confused about the sticker as I had no idea why I was reading it, where I was, or how I got there.

The pieces came closer together shortly thereafter as I talked to passing nurses, attendants and police officers in the hospital’s emergency room.

Suffering from a concussion I tried to make sense of all that was around me, and after asking repeated questions I started to retain some sense of the situation — I was a victim in a multi-vehicle car accident.

According to the pieces of the puzzle revealed by witnesses of the accident, sometime around noon I was driving to a hardware store and passed through a controlled intersection. Witnesses say the light was green for me, but one other vehicle apparently didn’t see it that way.

Estimated (to be traveling) at 35 to 40 miles per hour, the small sedan struck my sport utility vehicle broadside at the driver’s door. I don’t remember any of the accident or the events that happened that morning.

A woman in the emergency room asked my name, and then said she was sorry. For what, I couldn’t understand then, but later I understood it to be her and her husband who had tee-boned me with their automobile.

More than four-hours later and with pieces of paper from people I had no recollection of meeting, I left with my supervi-

sor to get the keys to my house and the start of a 12-hour safety observation.

When I got to the wrecking yard I saw my vehicle. Torn metal and plastic littered the driver’s side and the interior of the cab. The remains of a cheeseburger was pasted on the seats, and I didn’t remember a moment of it.

The only physical reminder I have is a sore neck and head, but no cuts, visible bruises or broken bones are apparent.

I thank my vehicle manufacturer for doing their part in creating a structurally sound vehicle that protected my driver’s side paneling from crumpling on top of me. I thank my common sense for using a seatbelt.

To the best of eyewitness testimony, the forceful broad-side hit slid my vehicle five to ten feet down the road and in the process tore my right front tire off of the rim. Without restraint I would most surely have been thrown against the passenger side door and window. Had it not been for the shoulder restraint, the thump on the head from whip-lashing the driver window glass would have been great enough shatter through the window, doing who-knows-what to my head, neck and shoulder. The airbags touted as being a lifesaver for adult drivers — they didn’t deploy, it was a side impact.

Each year there are tales of people seriously hurt or killed in automobile accidents. For 16 years I was a firefighter who had pulled many people out of crashed cars in horrific damage. I never thought it would happen to me, but it did — and I am alive to tell my story.

Seatbelts save many more lives than hurt. I am certainly thankful I was smart enough to wear mine.

Not a sermon, just food for thought.

The *Discovery* is online.

Go to <http://www.brooks.af.mil/HSW/PA/discovery>.



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Jan. 1 - Mar. 31, 2002



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USAFSAM



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# International space station, NASA astronaut promotes IMAX movie, Brooks space camps

By Rudy Purificato

311th Human Systems Wing

NASA astronaut Mark Polansky's first shuttle mission to the International Space Station was truly a breathtaking experience, but it could not compare to an equally awe-inspiring sight of seeing the future of America's space program through the excitement of students' participation in 'simulated' space.

Polansky's first visit to the Challenger Learning Center [of San Antonio] May 3 was an eye-opening adventure for the 45-year-old Edison, N.J., native who was exposed to a meteor shower-like flurry of questions from Wood Middle School students from the Northeast Independent School District.

Polansky, a space shuttle Atlantis mission specialist in February 2001, is the first active NASA astronaut to visit the Challenger Learning Center. His field trip was arranged through the Brooks Aerospace Foundation and IMAX River Center Theater sales and marketing director Arthur Jungwirth. The visit was to promote the IMAX's new 3-D movie "Space Station" in which Polansky is featured.

The astronaut's visit also helped promote the Challenger Learning Center's daily operations and the Brooks Aerospace Foundation's inaugural summer series of space camps that includes transportation and admittance to the "Space Station" movie.

Space camps are scheduled at Brooks June 17-21, July 15-19 and July 22-26.

The astronaut did not share his experiences in space until after he had observed students complete a Challenger Center mission. He was impressed by their interest and attention to fulfilling tasks at both Mission Control and on the 'simulated' space station.

"The International Space Station was first occupied in October 2000.

There is always a minimum of three people orbiting the Earth," Polansky said in responding to a student's question. He said the space station is still under construction and will someday be visited by the next teacher in space, Barbara Morgan.

"NASA has broadened mission specialist training to include teachers," he noted.

Living in space intrigued Polansky, who at age 13 was hooked on space travel while watching the TV broadcast of the first moon landing.

"I actually met the last astronaut to walk on the moon, Gene Cernan, while I was a freshman at Purdue University. I said to myself, 'Somebody has to do this job (of being an astronaut).' I (then) asked myself, 'What tangible things can I do to fulfill my dream?'"

He realized that education was his ticket to the stars. He received an Air Force commission in 1978 after earning bachelor's and master's of science degrees in aeronautical and astronautical engineering from Purdue.

Polansky earned his pilot's wings in 1980 at Vance Air Force Base, Okla., flew F-15s and F-5Es in subsequent assignments and graduated from the U.S. Air Force Test Pilot School at Edwards AFB, Calif., in 1986.

After leaving active duty, he joined NASA in 1992 as an aerospace engineer and research pilot. His primary duties involved teaching space shuttle landing techniques to astronaut pilots through simulator training. He became an astronaut in 1996.

During his first shuttle mission, he helped deliver the U.S. laboratory module Destiny to the International Space Station.

The science and technology of 16 nations is contributing to the creation of this 262-foot-long engineering marvel, scheduled for completion in 2006.

"My initial reaction to my first launch was of relief," Polansky said, explaining that an earlier launch date



Photo by Rudy Purificato

NASA astronaut Mark Polansky autographs an IMAX Theater movie poster for a Wood Middle School student during his recent visit to the Challenger Learning Center at Brooks. The IMAX poster features the 3-D movie "Space Station" in which Polansky is featured. The Brooks Aerospace Foundation's inaugural summer space camps, June 17-21, July 15-19 and July 22-26, include transportation and admittance to the "Space Station" movie. Polansky is the first active astronaut to visit the Challenger Learning Center.

was postponed to the chagrin of family and friends. Once in space, he understood the importance of his training and education.

"Everything was a challenge. All the tasks are quite complex. There's no margin for error," he said.

Polansky spent six days at the space station. "I choreographed three space walks. I also piloted the shuttle after undocking and flew it around the space station."

The experience had a profound impact on him in terms of how he views life on Earth.

"I was struck by the stark beauty of the planet, and the fragility of it. Every 90 minutes we orbited the Earth. I saw no boundaries between countries. What I did see was the thin line

of our atmosphere, which is all that lies between us and the blackness and infinity of space."

Polansky conveyed to his audience the importance of education, saying, "You are always in school in life, always training or learning to do something."

He admits being heartened by the genuine enthusiasm of youngsters wanting to learn more about space, which leads to increased interest in math and science.

"Space and kids are our future," he said, noting that his message to them is "to stay in school, study hard and never believe that they can't do something."

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## Special emphasis program managers host training for student program employees

By Neda Jasper

311th Human Systems Wing

The Special Emphasis Program Managers of Brooks are hosting a day of training for students employed under the Student Educational Employment Program.

Training is scheduled for June 18 from 7:30 a.m. to 4:30 p.m. in Bldg. 180 auditorium.

The course, entitled "Knowledge is Power, and I am empowered," offers an opportunity for student employees to learn about the various missions at Brooks, develop skills to improve current job performance, and explore future employment opportunities with the Air Force.

The training also incorporates tips on mentoring, financial planning and networking.

The schedule and topics for the event can be viewed through the registration website at: [hswya2brooks.af.mil/common/mil-gov/BEP](http://hswya2brooks.af.mil/common/mil-gov/BEP).

Student employees must register by June 10.

Supervisors are strongly encouraged to allow students to attend the training. Lunch will not be provided.

For questions or more information contact Dana Chryar at 536-3663, Germaine Miller at 536-2068, Emma Chapa at 536-6080, Maria Hinajosa at 536-3792, Vikki Jackson at 536-2447 or Neda Jasper at 536-5440.

## Military breakfast honors armed forces

The 22nd annual Texas Military Breakfast in San Antonio begins at 7:30 a.m. May 18 at the Marriot Rivercenter Ballroom in downtown San Antonio.

Rear Admiral John Cryer III, commander, Naval Space Command in Dahlgren, Va., is the guest speaker. Cryer leads 292 military and civilian personnel in the Department of the Navy's principal operational command devoted to providing space support to Navy and Marine Corps forces deployed around the globe.

The first military breakfast was held at the U.S. Naval Annex in Washington, D.C., in 1964. Since then, these breakfasts are held annually in Washington, with attendance by senior military and civilian officials at the seat of government.

Over the years, military breakfasts in San Antonio, as in Washington, have been supported by a military band and joint service color guard. Speakers included senior active duty officers from all the military services, including four members of the Joint Chief of Staff. Attendees are a broad cross-section of the military and civilian community, including top civic, business, church and military leaders. In recent years, large numbers of Air Force basic trainees and those from all services un-

dergoing technical or advanced individual training, as well as a significant representation of soldiers from Fort Hood, and international military personnel attending the Defense Language Institute, have been present.

The military breakfast honors the men and women of the armed forces who provide the shield behind which we flourish in our land. At the same time, it provides attendees, in a setting of fellowship, the opportunity to hear uniformed personnel with heavy responsibilities witness to the importance of their faith.

The military breakfast is open to all. Active duty and retired military attendees are encouraged to wear uniforms. Everyone is asked to arrive by 7:30 a.m. for the musical prelude.

Tables seat 10, with four allocated to junior U.S. and international military personnel. All seats at the breakfast are reserved and are allocated from front to back, so it pays to get your orders in early.

Breakfast tickets are \$12.50 each and may be purchased by contacting Tech. Sgt. PJ Johnson, 342nd Training Squadron, at 671-2719.

For more information, contact Bob Casey at 496-7367 or email [bcasey@satx.rr.com](mailto:bcasey@satx.rr.com).



# Korean War vets learn of Brooks lab's work on MIA cases

By Rudy Purificato

311th Human Systems Wing

For retired Col. Dan Fulgham and his fellow Korean War colleagues, visiting a Brooks laboratory committed to finding answers about friends listed as Missing in Action was an informative yet sobering experience.

"We lost a number of guys up north (in Korea). We don't know whether they were lost accidentally or in combat. They just disappeared," said Fulgham, who piloted F-84 jets during 100 combat missions in 1952-53.

Fulgham, who headed the Human Resources Laboratory at Brooks from 1976-78, led a group of more than 70 Korean War U.S. Air Force pilots to the Life Sciences Equipment Laboratory May 3. The group, collectively known as Class 52B, was celebrating the 50th anniversary of earning their Air Force pilot's wings March 22, 1952.

"These people went through primary flight training together, but graduated from four different advanced flying (training) sites at Bryan, Texas, Craig Field in Alabama, Reese Air Force Base in Lubbock (Texas) and Vance Air Force Base in Oklahoma," explained Fulgham.

Except for Fulgham, the trip to the 311th Human Systems Program Office lab was a first for them.

Fulgham, who organized the group's 30th anniversary reunion in 1982 in San Antonio, knew about the Brooks lab's work through his friend Elton Hudgins, chief of the Life Sciences Laboratories.

The Equipment Lab was initially established in 1983 at Kelly Air Force Base to investigate life support equipment issues associated with Air Force aircraft mishaps.

The lab specializes in non-DNA forensic evidence recovered from crash sites that may yield clues to the final disposition of missing aircrew members, primarily American MIAs from the Vietnam War.

In 1998, the Secretary of the Air Force approved the lab's expanded mission to include Korean War MIA cases.

As a consequence, the lab staff was increased by seven analysts. They have since added Korean War-era reference material to the lab inventory for use in comparative analysis.

One of their most recent acquisitions is a topographic aerial map of Korea that was donated by Fulgham.

"I carried that map in my cockpit all the time. It's the only way I found targets over there," admits Fulgham about the map that features his personal annotational marks, including one of the war's bloodiest and most famous battle sites "Pork Chop Hill."

Fulgham was assigned to the 430th Fighter Squadron, nicknamed "Yellow Tails," at Kunsan Air Base and later operated out of Taegu.

"Our primary targets were railroads, tunnels and storage depots," he said about his squadron's air-to-ground missions in F-84s that carried two 100-pound bombs and four to five rockets.

"We flew a lot of missions trying to keep them (enemy) beyond (north of) the 38th Parallel," Fulgham said, referring to the boundary line that geographically separates the two Koreas. Fulgham suspects that severe winter weather, not enemy MIG aircraft, played a role in the loss of some of his comrades who disappeared.

Recalling one such mission, Fulgham said, "Dave Forrest (428th Fighter Squadron) was leading a four-ship flight to bomb a supply depot in a valley covered with clouds. He went into the clouds after the bomb run and was never seen again. I later searched the area, but didn't see any signs of a crash."

Forrest's fate is unknown, so described in an Official Lost Incident Summary that Fulgham had with him during his lab visit.

This and other MIA cases that Fulgham is all too familiar with prompted him to ask during the lab's orienta-



Photo by Rudy Purificato

**This donated Korean War winter weather cap was one of many artifacts examined by Korean War pilots, Class 52B, during their tour of the Life Sciences Lab at Brooks.**

tion briefing, "What is the possibility of getting to crash sites in North Korea?"

In 2000, the North Korean government agreed to allow U.S. recovery teams to search for MIAs. However, the timetable for search and recovery missions there has stalled pending further negotiations.

Nevertheless, the good news for Fulgham and his colleagues is North Korea's colder climate, which favors better crash site artifact preservation.

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**Brig. Gen. Lloyd Dodd**  
311th Human Systems  
Wing commander

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## Brooks Family Support Center activities

Call 536-2444 for information

### 3-day transition seminar

**8 a.m. - 4 p.m., May 21-23, Bldg. 537—**

Making the transition from the military to the civilian sector can be a big undertaking.

This three-day transition seminar allows the Family Support Center to better serve separating and retiring servicemembers, their spouses and families.

Topics include job search preparation, resume writing, interviewing skills including appropriate dress, veteran's benefits, and more.

Members should attend the seminar at least 180 days prior to separation or retirement.

### Air Force Aid Society

The Air Force Aid Society is the official charity of the Air Force. It promotes the Air Force mission by helping to relieve the distress of Air Force members and their families and to assist them in financing their education.

AFAS provides assistance to active duty Air Force, retired Air Force, Air National Guard and Air Force Reserve members serving on active duty, and their dependents by offering interest-free loans, grants on a case-by-case basis, or a combination of both to get members through a crisis.

When a qualifying individual cannot otherwise pay for specific basic needs essential to continued personal effectiveness as an Air Force member, financial assistance is given.

The Air Force Aid Society assists with basic living expenses such as food, rent and utilities, some medical care, some dental care, funeral expenses, vehicle repairs, pay and allotment problems, disasters and assistance to surviving dependents. Contact the Family Support Center for specific details and restrictions on medical and dental care.

The AFAS does have limitations, however. For example, assistance is not given for such things as financing a new car, or making payments, financing business ventures or investments, paying credit card debts, covering bad checks, replacing wages due to garnishments, or providing needs on a continuing basis.

For more information on this or any of the Family Support Center services, call 536-2444.



# Starry-eyed Englishman realizes space travel dream on Brooks, San Antonio visit

By Rudy Purificato

311th Human Systems Wing

An Englishman, with a lifelong obsession with space, recently became 'weightless' during visits to San Antonio and Brooks only in the sense that he was figuratively "floating on air" in his euphoria of having journeyed "to the stars."

While the world's first space tourist Dennis Tito paid the Russian government \$20 million for his International Space Station adventure, Chris Glaysher's airfare here was all that was needed to ensure his space station experience.

"My wife and I were in Florida to see the STS-111 space shuttle launch, but it was postponed until May 30. That's why we're here. Shelia and Herb Klein invited us to Texas," said Glaysher, referring to the Brooks couple's hospitality.

Instead of just watching a shuttle launch, Chris and wife Kay were propelled into 'simulated space' as guests to the South Texas premiere May 1 of the IMAX's new 3-D movie "Space Station."

The following day, during their first visit to Brooks, they became space tourists at the Challenger Learning Center.

The Alresford, England, couple also met retired astronaut John Blaha at the IMAX premiere where he served as emcee. Blaha described his experiences aboard the Russian space station Mir, predecessor of the International Space Station.

"It's the first time we've met an astronaut," Chris Glaysher said as he tried to contain his excitement.

A space memorabilia collector and amateur astronomer, Glaysher said



Photo by Rudy Purificato

**Chris and Kay Glaysher, left, and Molly O'Hara listen to retired astronaut John Blaha talk about his Mir International Space Station experiences prior to the debut of the IMAX Theater's new 3-D movie "Spacestation."**

he was hooked on space through his interest in NASA's early space program. Part of his home features a 'shrine' to NASA's space achievements, including a framed collection of mission patches from the Mercury, Gemini and Apollo programs.

"I drew, painted and framed the Apollo program crest (insignia)," he admits.

Enhancing his passion for the cosmos are space shuttle missions and the International Space Station.

"Because we live in the Northern Hemisphere, I can see the Interna-

tional Space Station from my backyard," he said, explaining that he uses binoculars to observe its orbit.

He also can see space shuttles orbiting, saying, "they're going much faster than anything in the night sky."

In 1995, a vacation trip to the Kennedy Space Center in Florida coincided with he and his wife witnessing their first shuttle launch.

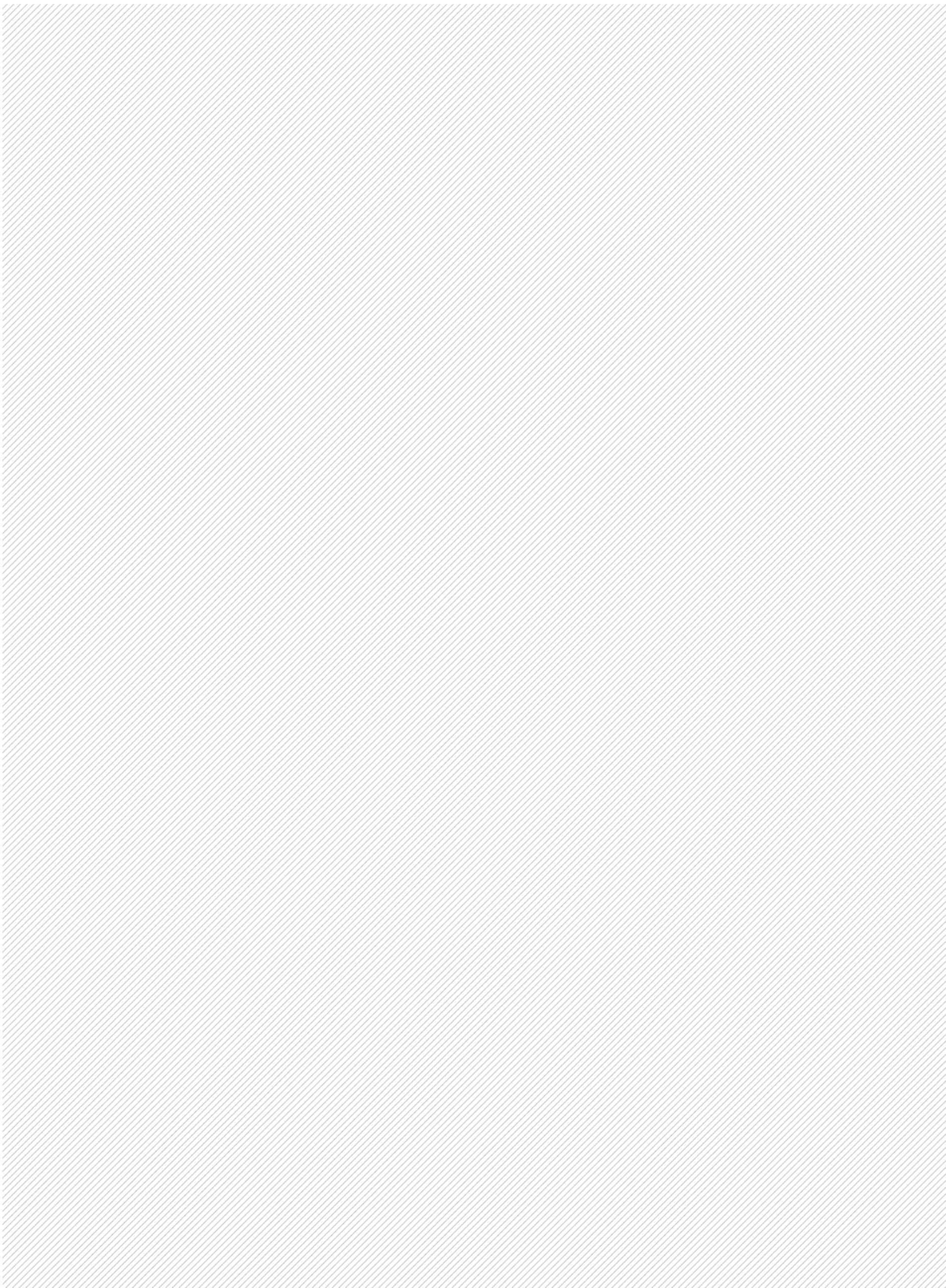
"It was every kid's dream to become an astronaut," Glaysher said about his childhood friends who watched NASA launches on TV.

However, Glaysher knows he will

never get a chance to actually venture into space. A punctured eardrum, which causes Glaysher's dizziness on commercial airline flights, disqualifies him as a future space tourist.

Nevertheless, the next best thing to space travel for him has been close encounters to it, such as the San Antonio trip. That trip was made possible through the Glaysher's friendship with the Kleins who met the English couple through their mutual friends, Jackie and Peter Tait.

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# 101 critical days of summer means greater risk of injury, death



By Rita Boland  
Discovery staff writer

Memorial Day weekend is the unofficial beginning of summer and the beginning of the most dangerous time of the year for members of the Air Force.

The 101 Critical Days of Summer begins at midnight May 25 and ends at 11:59 p.m. Sept. 2. Historically, the Air Force loses more people during the weeks from Memorial Day weekend to Labor Day weekend due to higher numbers of off-duty casualties.

The Air Force lost 19 people last year during the 15-week span, 17 participating in off-duty activities. Although Brooks didn't suffer any fatalities, there were 28 off-duty mishaps that cost more than \$4,000 in medical expenses. Ten accidents were miscellaneous mishaps with no lost work days. Twelve mishaps were sports and recreation related and resulted in five lost work days. The other six incidents involved personal motor vehicle accidents but no lost workdays.

"Obviously, our goal is zero injuries or fatalities," said Amando Perez of the 311th Human Systems Wing Safety Office.

The overall majority of injuries and fatalities are a result of the operation of personal motor vehicles. Thirteen members of the Air Force died in car accidents last summer and three in motorcycle accidents. Combined, three of those accidents involved alcohol.

The increased number of drivers on the road increases the chances of an accident. Families also take more vacations during the summer months because children are out of school. Longer trips and holiday driving often lead to less sleep and a deadly condition, driver fatigue.

Fatigue is the cause of many vehicular accidents and death. Feeling drowsy has the same effects as drugs and alcohol on a driver. Drivers who are drowsy have a slower reaction time, decreased awareness and impaired judgment.

According to the National Highway

Traffic Safety Administration, driver fatigue accidents follow the daily human alertness patterns. The highest number of accidents occur during the mid-afternoon and overnight, when alertness is at its lowest.

Signs of driver fatigue include difficulty focusing or keeping eyes open, tailgating or missing safety signs, trouble keeping head up and jerking the car back into the lane.

Drivers can take several steps to prevent falling asleep at the wheel, including getting the recommended eight hours of sleep, planning long trips with a companion, limiting road travel to eight to ten hours per day, even with two or more drivers, and stopping at least every two hours to walk or stretch. Although caffeine and other drugs may keep people awake, they may have the opposite effect later and should be avoided.

The greatest life-saving device in an accident is the seat belt. The majority of deaths in vehicle accidents are a result of cracking or crushing heads and chest areas on dashboards, steering wheels or windshields. The seat belt greatly reduces risk of death by being thrown from a vehicle.

Other leading causes of injury and death during the 101 Critical Days include camping, hiking, boating, increased exposure to wildlife, outdoor sports, swimming, fire, barbecues, home projects, yard work, and exposure to the sun and weather.

Despite the tornadoes, lightning and sudden storms prevalent in the San Antonio area, the biggest weather danger is the heat.

The combination of heat and humidity in Texas kills more people than all other types of dangerous weather.

Infants, young children, the elderly

people with health problems and those unaccustomed to heat are especially at risk for heat disorders such as dehydration, heat cramps, heat exhaustion and heat stroke. To avoid the dangers of heat experts suggest slowing down. Avoid strenuous activity, stay indoors during the heat of the day, wear lightweight, light-colored clothing, drink plenty of fluids, especially water, and eat small, frequent meals.

According to the Brooks Safety Office, most injuries and deaths can be avoided by applying Operational Risk Management.

"ORM is not a safety function, it's an overall function," Perez said. "It applies to all jobs, on and off duty."

ORM is the analysis and planning of activities, both work and recreational. The six steps of ORM are identifying the hazards, assessing the risks, analyzing risk control measures, making control decisions, implementing the risk controls and supervising and reviewing.

"We need commanding officer, director and supervisor involvement in safety briefings and keeping safety up front during this period of increased risk," Perez said.

The 101 Critical Days of Summer Campaign began in the mid-1980's to try to curb the number of Air Force personnel injuries and deaths. Each year the Air Force Safety Center, located at Kirtland Air Force Base, N.M., provides materials and tips to commands throughout the Air Force to promote safety. More safety information can be found on their website at: [www.safety.kirtland.af.mil](http://www.safety.kirtland.af.mil).

Rita.Boland@brooks.af.mil



# Flash floods pose real threat to South Texas

Flash floods can take a few hours or only a few minutes to develop. Flooding and flash flooding kill nearly 150 Americans each year.

A flash flood watch indicates flooding is possible in the area, but a flash flood warning means a flash flood is occurring or will occur very soon. When a warning is issued, if told to evacuate, do so quickly. You may have only minutes. Move to higher ground, away from bodies of water, including storm drains. Avoid high water crossing and never cross a barricade.

If issued a watch, prepare for possible evacuation and be

alert to signs of flooding.

Prepare a flood disaster plan. Identify several places you can go if told to evacuate, whether it's a friend's home in another town, a motel, or a shelter. If you don't have flood insurance, try to get it.

Assemble a disaster supplies kit containing first aid and essential medications, canned food and can opener, at least three gallons of water per person, protective clothing, rainwear, bedding or sleeping bags, a battery-powered radio and flashlight and extra batteries, and special items for infants, elderly, or disabled family members.



Photo by Rudy Purificato

**This low-water crossing near the Brooks golf course flooded during a recent storm. The road was barricaded to protect motorists from the dangers of the high water.**

## Protect yourself from insects

Now that summer is here, outdoor activities are on everybody's to do list. When taking the family on a backpacking or camping trip or even the local park, always be alert for insects. Insects such as ticks and mosquitoes are known to carry diseases. To protect yourself and others, follow these tips.

Wear a light-colored long-sleeved shirt, long pants, and a hat. Secure your clothes with rubber bands or tape to prevent insects from getting underneath them. Avoid underbrush and tall grass when

hiking.

Use an insect repellent and follow the directions for use. Be sure to read cautionary statements on the label.

After being outdoors for a long period, inspect yourself for ticks or have someone else do it. Shower immediately after coming indoors.

If you have pets that go outdoors, use a repellent made for that type of pet and apply according to the label.

Be sure to check your pet for ticks often.

*Courtesy of the American Red Cross*

## Common plants cause illness, death

During the summer people spend more time outdoors and more time gardening.

Many common plants are dangerous or even poisonous to people and animals. Here are a few common plants and the dangers they pose.

Hyacinth, Narcissus, and Daffodil bulbs can cause nausea, vomiting, diarrhea and may be fatal.

Oleander leaves and branches are extremely poisonous. They affect the heart, produce severe digestive upset and have caused death.

All parts of Dieffenbachia or Elephant Ear are poisonous.

Symptoms include intense burning and irritation of the mouth and tongue. Death can occur if the base of the tongue swells enough to block the air passage of the throat.

Lily-of-the-Valley leaves, and flowers cause irregular heartbeat and pulse, usually accompanied by digestive upset and mental confusion.

The leaf blade of the Rhubarb plant can be fatal. Large amounts of cooked or raw leaves can cause convulsions, coma, followed rapidly by death.

Wisteria seeds and pods cause mild to severe digestive

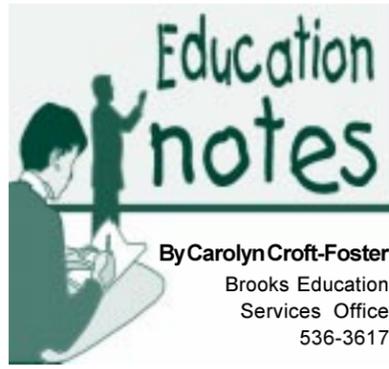
upset. Many children are poisoned by this plant.

All parts of Laurels, Rhododendrons and Azaleas can be fatal. Exposure causes nausea and vomiting, depression, difficult breathing, prostration and coma.

Yew berries, but especially the foliage can be fatal. Death is usually sudden without warning symptoms.

Even the foliage and acorns from Oak trees can be harmful in large amounts.

For more information on harmful plants visit the [www.aggie.horticulture.tamu.edu](http://www.aggie.horticulture.tamu.edu) website.



### **Webster University**

Webster University offers master's-level courses at Brooks this summer. Classes begin May 25 and end July 26.

The courses offered include: Procurement and Acquisition Management, Integrated Studies, Counseling Learning Practicum, Psychopathology, and Organizational Development.

Call 536-3617 to schedule a Wednesday morning appointment with the representative.

### **CCAF graduation**

Twenty-two Brooks members are scheduled to graduate from the Community College of the Air Force during a ceremony at the U.S. Air Force School of Aerospace Medicine's auditorium at 2:30 p.m., May 23.

The Education and Training Flight invites the Brooks community to attend.

### **TASP-placement exam**

Alamo Community College District offers the TASP exam and a placement exam at Brooks May 21 at 1:30 p.m. Texas state law requires all students comply with the TASP exam or one of the exemptions. Students need to meet with the ACCD representative on a Tuesday morning to discuss eligibility for exemptions. To schedule an appointment call 536-3617.

### **Congratulations**

Staff Sgt. Allison Heintzelman was selected by the 2002 Physician Assistant Board to attend the Physician Assistant program in September. Upon completion of the program she will be commissioned as a 2nd Lieutenant and attend Commissioned Officer Training at Maxwell Air Force Base, Ala.

The next PA board meets in January.

Call 536-3617 information or to schedule an appointment.

### **AWC/ACSC non-resident seminars**

Recruitment is beginning for the Air War College and the Air Command and Staff College non-resident seminars. AWC enrollment is open to lieutenant colonel selects and above and GS-13s and above.

Registration forms are available on the AWC homepage at: [www.au.af.mil/au/awc](http://www.au.af.mil/au/awc) and should be brought to Education Services for processing. Seminars are expected to begin at the end of July.

ACSC enrollment is open to major selects, and above and GS-11s, and above. Registration forms are available at the Education Services customer service desk.

For more information visit Education Services in Bldg. 558 or call 536-3617.

### **On-base registration**

Registration is underway for Palo Alto College On-Base classes. Classes begin June 3 and end July 9. The courses at Brooks include: Speech, Literature, and Sociology. All on-base courses are applicable to the Community College of the Air Force as general education courses. For information about registration or to schedule an appointment, call 536-3617.



## NEWS briefs

### **Case-lot sale**

A case lot sale is scheduled for May 16-18 at the Brooks BXMarket in celebration of Armed Forces Day. Advertised specials are available at the BXMarket.

For more information, call Al Hernandez at 533-9079.

### **Volunteers needed**

The Brooks Clinic is looking for a few good volunteers for the reception desk.

Knowledge of medical records, computers and experience in customer service is a plus. Training is available.

The reception desk responsibilities include greeting patients, scheduling appointments, pulling medical records, checking in patients for appointments, including paperwork, answering phones, and directing calls and smiling.

Call Capt. Rebekah Friday at 536-6984 or Tech. Sgt. Rene Flores at 536-8533 for information.

### **Voting assistance website**

The Federal Voting Assistance Program announced the inauguration of its alternate web site at: [www.fvap.gov](http://www.fvap.gov).

This web site is in addition to the current site at: [www.fvap.ncr.gov](http://www.fvap.ncr.gov).

The two web sites are expected to provide access to voting information for all citizens, regardless of location.

The FVAP can also be contacted by telephone through the Department of Defense voting information center. The toll-free number is listed on the website. Additionally, the program is accessible via email at: [vote@fvap.ncr.gov](mailto:vote@fvap.ncr.gov).

Questions regarding the program may be referred to the Director, Federal Voting Assistance Program, Department of Defense, Washington Headquarters Services, 1155 Defense Pentagon, Washington D.C., 20301-1155.

### **Special Emphasis**

In an effort to promote and emphasize diversity and multiculturalism in the Brooks community, the 311th Human Systems Wing commander established a committee

to assist in planning annual special observances.

Volunteers are needed to chair the 2002 committees for Hispanic Heritage Month in September and Native American Heritage Month in November.

Members may also volunteer to serve as chairperson for a particular month. Each chairperson is responsible for the committees planning and execution of events for their observance month.

Participation is open to all civilian and military volunteers regardless of race, color, sex, religion or national origin.

Contact Capt. Sonya Ferreira or Master Sgt. Michael Parise at 536-2584 for details.

### **Altitude test subjects**

Scientists at Brooks need a number of volunteer subjects to participate in hypobaric (altitude) chamber research projects.

Air Force aircrew members who are interested and meet the qualifications will earn approximately \$150 per month for participating in one session per month. Volunteers must meet Air Force body fat, height/weight standards, be a non-smoker for at least two years, be between 20-45 years old, and able to pass an appropriate physical exam. Contact Jim Carlile at 536-3546 or Heather Alexander at 536-3440 for more information.

### **Incorrectly addressed mail**

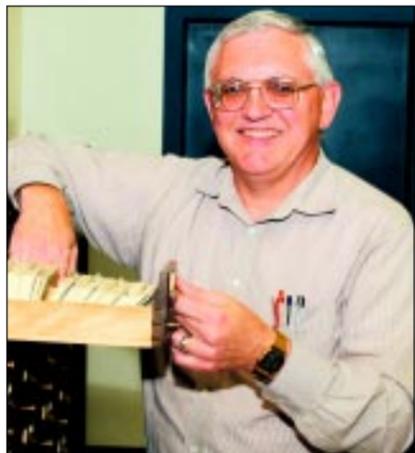
The Base Information Transfer Center is receiving a large amount of incorrectly addressed mail. To avoid delays or returned mail, practice the following guidelines.

Both addresses must be typed or computer-generated in all caps, use the official organization and office symbol rather than the office name, do not use building or suite numbers, no punctuation is necessary except the dash in the Zip + 4 code, official mail must have a return address and must use the Zip + 4 code. A list of Zip + 4 codes is available at: [www.usps.com](http://www.usps.com).

Government contractors may not use a military address to receive business mail. They should obtain a post office box or make arrangements with the U.S. Postal Service to deliver to their door.



# Feature



Whitney

## Q&A

**FULL NAME:**

John Willis Whitney

**DUTY TITLE, ORGANIZATION:**

Technical information specialist  
AFRL/HEOA. The Aeromedical  
Library.

**WHAT IS MY JOB?:**

I run the interlibrary loan program. We provide information from our collection to other libraries and we obtain information from other sources for our researchers.

**BIRTHDAY:**

March 22, a long time ago

**HOMETOWN:**

Harvey, Ill.

**FAMILY STATUS:**

Married, no children of my own but second wife came equipped with a teenage son.

**NICKNAME I CALL MYSELF:**

Most people know me as JW.

**MOTTO:**

Happy happy, joy joy (if it's good enough for Barney...)

**INSPIRATIONS:**

Sunrise, everyday

**HOBBIES:**

Square dancing, making music and tinkering.

**PET PEEVE:**

Nothing jumps up and grabs me. I try to be happy and keep a positive outlook. You can't do that if you let things get to you.

**I JOINED CIVIL SERVICE BECAUSE:**

It's tough on the outside! I enlisted in the Air Force, then decided not to make a career of it so I retired with only 20 years, 4 days of service. I missed the Air Force so I applied for a Civil Service job and here I am.

**FIVE-YEAR GOAL:**

Not get caught in a RIF.

**ULTIMATE GOAL:**

A second Air Force retirement.

**IF I WON THE LOTTERY I'D:**

Keep working but smile a whole lot more and take more vacations.

**MY GREATEST ACCOMPLISHMENT:**

Surviving consecutive overseas tours in Iran

**MY MOST PRIZED POSSESSION:**

My good health

## Brooks Personality PROFILE

# Sometimes nice guys finish first

By Rita Boland

Discovery staff writer

What a nice guy.

Those words echo through the head of people who meet JW Whitney.

"I love helping people," Whitney said. "I'll do what I can to help them. It's against my nature not to do that."

His fondness for people can be seen when he smiles, and his face transforms. When Whitney smiles he looks genuinely happy. His eyes light up and he takes on the appearance of a young child a Christmas. He spices up his dry tone by injecting excitement into his voice, and a joke whenever he can.

Whitney also sings. He sang choir in high school and also played violin and tuba. While having his picture taken, he sang the Davy Crockett theme song.

"Civilian life is very happy," he said. But that doesn't mean he doesn't love the military. Whitney retired from the military as a Chief Master Sgt. His last assignment was Brooks as the superintendent of the Air Force Occupational and Environmental Health Laboratory, which evolved into the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis.

After retirement, he worked a couple of jobs in the civilian world, one as a security guard and one in a prison, but he really wanted to get a civilian job working for the military.

"I found both of those jobs very unsatisfying," Whitney said.

Fortunately, a friend of his at Brooks knew of an opening for a library technician at the OEHL that they were having a difficult time filling.

Whitney qualified for the position because during his first twelve years in the Air Force he trained in administrative management and library operations were part of his apprentice and technician training.

He claims to have done four foreign tours while with the Air Force: two in Iran, one in Germany and one in California.

"California is the same as being in a foreign country," he said, grinning.

Whitney was happy to take the library job, and happy to be back at Brooks.

"It's like you've died and gone to heaven," he said, describing Brooks.

When the OEHL library closed, the Aeromedical library inherited the books and Whitney too.

Whitney earned his keep by taking on other tasks not included in this job description.

He began to interact more with the customers at the library because they ran into what Whitney called a "chronic shortage" in the librarian department.

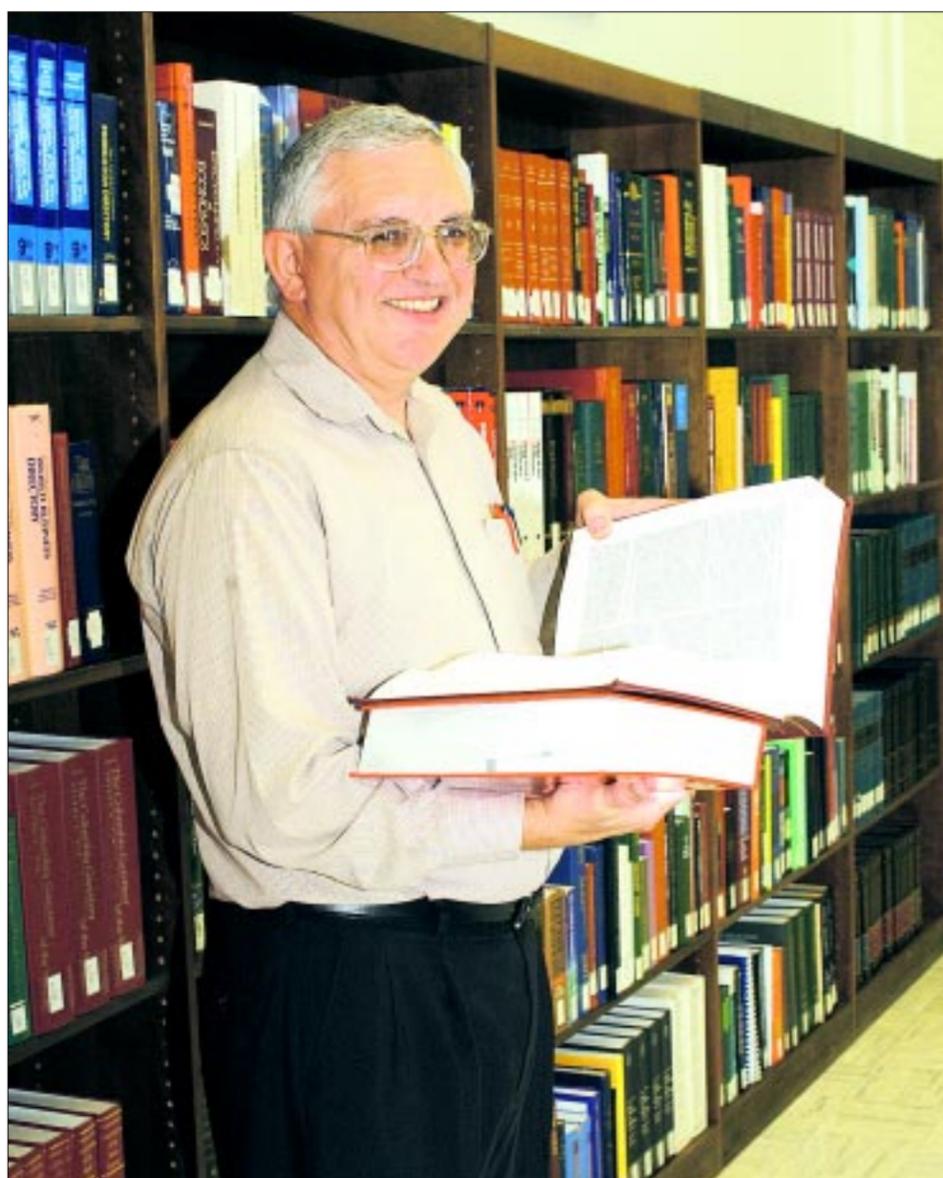


Photo by Tech. Sgt. Pedro Ybanez

Whitney, with his a degree in management and computer information systems, was on the team that set up the first computer system the Aeromedical library had.

"Mr. (Joseph) Franzello (Whitney's boss) and I were the grunts," he said.

The building had no computer wiring, so Franzello and Whitney climbed around, under and through the building helping two representatives from communications as they pulled wires for the network.

"It's fun coming to work here," Whitney said. "You come to work and see what develops."

One thing that has developed is the respect Whitney has for his job and the library.

"We have a world class library. Our aerospace medicine collection is well recognized and highly regarded."

Whitney works with people from all over the world. They call him looking for a document that he might have in the library and people from Brooks rely on him to find necessary research documents at other libraries.

"I find the majority of what people want, and in a timely manner,"

Whitney said.

Whitney, who jokes that he wants to retire from the Air Force twice, said that he sees only one big difference between his military and civilian careers.

"As you gain more rank in the military, you start to pick up a load," he said. "More and more responsibility, not necessarily more work. Once they know you can do something, they've got you. As a civilian you're more flexible. If something's not in your position description, you don't really have to do it."

Whitney's work and dedication have not gone unnoticed by his coworkers either.

"Outstanding is an overused term. The perfect collaborative partner, a technical guy with a lot of heart, one to whom commitment to mission comes naturally. There are things I give thanks for each day. Having JW on this staff is one of them," Franzello said.

Rita.Boland@brooks.af.mil



# Brooks woman practices traditional Chinese medicine

By Rudy Purificato

311th Human Systems Wing

While "Spiderman" continues to dazzle moviegoers through make-believe powers used against fictional enemies, the wife of a Brooks engineer continues to demonstrate ancient Oriental healing powers used against real-life human enemies: sickness and disease.

Kristin Chen, a certified diplomate (practitioner) in acupuncture and herbology, this week showcased Traditional Chinese Medicine as a featured Brooks Asian-Pacific Heritage Month exhibitor.

"When I see my patients getting better, I'm so happy because I contributed my knowledge and ability to helping them," said Chen, wife of 311th Human Systems Program Office's Yasu Tai Chen.

Chen is one of about 2,000 licensed Oriental medicine practitioners in the United States who provide alternative therapies to western medicine.

"TCM is composed of herbology and acupuncture," said Chen, who earned a Master's of science degree in Oriental medicine from the Texas College of Traditional Chinese Medicine in Austin, Texas.

cine is based on an individualized pattern diagnosis as well as a disease diagnosis.

TCM focuses on a patient's health pattern that consists of vital signs, disease symptoms, emotional temperament and overall body composition.

Subsequently, TCM patients are given herbal prescriptions, containing between six to 18 herbs, designed to treat both an individual's health pattern and disease symptoms.



Photo by Rudy Purificato

Traditional Chinese herbal medicines and acupuncture instruments are used to treat and array of ailments.



Photo by Rudy Purificato

**Kristin Chen uses a small acupuncture needle to demonstrate some of the more than 500 pressure points that exist in the human body. Traditional Chinese Medicine uses acupuncture, in addition to herbal medicines to stimulate the body's natural ability to heal itself. Herbal medicine was developed more than 4,000 years ago.**

For the second consecutive year, the Brooks community has learned about TCM's history, culture and practices from Chen, who in 1997 began studying the Chinese healing arts that have been part of her life since childhood.

"In Taiwan, if you don't feel good you go to a traditional Chinese herbal medicine doctor," recalls Chen, who was born in Tainan, Taiwan.

She remembers being treated with 'customized' herbal formulas based on TCM diagnostic practices that are not dissimilar to that of western medicine.

However, TCM differs from western medicine in diagnostic approach and treatment. Chinese medi-

Chinese herbal medicine includes 1,000 herbs used to treat acute diseases ranging from intestinal flu to the common cold; degenerative diseases caused by aging; and chronic diseases that include auto immune diseases, gynecological disorders and allergies.

Herbal medicine was developed more than 4,000 years ago by Sen-Non, Huang-Dee Dynasty's agriculture minister. Sen-Non accidentally discovered both the culinary and medicinal value of brewed tea leaves which subsequently led to his experimentation with many other herbs.

Chen said timing is crucial in using herbal remedies before the on-set of disease symptoms.

For instance, chrysanthemum flower (ju hua) is used for dizziness that may precede a headache or cough. Brown sugar and shredded ginger in water boiled for five minutes has proven to be good in warding off a cold.

Chen explained that herbal medicine is most effective when used in combination with acupuncture. While acupuncture has been practiced in the U.S. for the past 150 years, it did not become popular until after President Richard Nixon's historic trip to China in 1972.

Millions of Americans today use acupuncture as an alternative therapy for relieving or eliminating pain.

Acupuncture was developed 2,500 years ago, first employing stones, then reeds. Today, one-quarter to three-inch-long stainless steel needles are applied to more than 500 pressure points in the body.

"It's used to enhance the quality of life by relieving distress and pain," Chen said.

Traditional acupuncture is based on ancient Chinese theories of the flow of Qi (energy) and Xue (blood) through distinct meridians or pathways in the human body, which are related to the organs and the tendo-muscular system.

Acupuncture, in concert with herbal medicine, focuses on correcting energy imbalances caused by trauma, poor diet, medications, emotional and environmental stress and hereditary conditions. Collectively, TCM stimulates the body's natural ability to heal itself.

The United Nations' World Health Organization has recognized acupuncture's value by publishing a list of 41 diseases in which the practice has been effectively used.

Since 1996, the U.S. Food and Drug Administration has reclassified acupuncture needles from experimental status to a class II medical device, paving the way for medical insurance reimbursement.

The U.S. government has invested more than \$1 million in research to determine acupuncture's effectiveness in treating drug and alcohol addiction.

Chen already knows how effective acupuncture can be through her patients. She cited her most serious case involving a female patient who for six years suffered from trigeminal neuralgia, a condition whose symptoms include a knife-like cutting pain. Western medicine had only helped the woman control her pain through medication.

"She tried to reduce the pain on her own, but the pain increased. I did acupuncture on her and prescribed an herbal formula. A month later, she was pain-free."

Chen emphasized that TCM is an alternative, not a replacement for western medicine.

"Most people think acupuncture is for pain management. It's also a complementary system of health care maintenance."

For more information about TCM contact Chen at 863-7821 or 496-0936.

Rudolph.Purificato@brooks.af.mil

“In Taiwan, if you don't feel good you go to a traditional Chinese herbal medicine doctor.”

Kristin Chen  
Acupuncture and herbology practitioner



## Supplements

Continued from Page 1

before taking them.

Ephedra and its alkaloids, derived from the plant Ma Huang, are central nervous system stimulants, chemically related to pseudoephedrine the synthetic active ingredient in Sudafed, Wallace said.

"Some people have used it in an attempt to lose weight, although there remains considerable scientific debate as to its effectiveness in this regard," Wallace said.

Ephedra content, which should be displayed on the product label, can range from 15-60 milligrams per serving, but there is evidence from the literature that some product labels have not reflected actual content, according to Wallace.

Other similar products can include as much as 900 mg of caffeine, an amount equal to 6-8 cups of brewed coffee or 8-22 cups of instant coffee.

"Ephedra and ephedra alkaloids can produce a number of side effects including increased blood pressure and heart rate, insomnia, anxiety, tremor, agitation, skipping heartbeats, vomiting and may exacerbate problems with body heat regulation if exercising in hot environments," Wallace said.

Between 1994 and 1997 the Food and Drug Administration received and investigated more than 800 reports of adverse events associated with the use of products containing ephedrine alkaloids.

The reported adverse events ranged from episodes of high blood pressure, irregularities in heart rate, insomnia, nervousness, tremor, headache, seizure, heart attack, stroke and sudden death, according to an FDA statement.

Most events occurred in young to middle aged, otherwise healthy adults using the products for weight control, to increase energy or enhance fitness.

In 2000, The New England Journal of Medicine published the results of a study conducted by two California physicians who reviewed reports of 140 deaths or injuries dealing with adverse events dealing with ephedra alkaloids reported to the FDA between June 1997 and April 1999.

The study concluded:

- \* 10 events resulted in death;
- \* 13 events produced permanent disability;
- \* 31 percent of the cases were considered to be definitely or probably related to the use of supplements containing ephedra;
- \* 31 percent were deemed to be pos-

sibly related;

\* 47 percent involved cardiovascular symptoms; and

\* 18 percent involved the central nervous system.

The FDA doesn't regulate dietary supplements the same way it does prescription and other over-the-counter products.

Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed, according to the FDA.

The FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market, according to its website.

Generally, manufacturers do not need to register with FDA nor get FDA approval before producing or selling dietary supplements.

Even though Americans can buy many supplements over the counter, Defense Department officials have specified several that need more research. These include:

\*Androstenedione — This gained notoriety when St. Louis Cardinals slugger Mark McGwire said he used it. Androstenedione is related to testosterone and alleged by proponents to help build muscle bulk and strength. A controlled test reported in the Journal of the American Medical Association showed no such effects — though researchers noted some of the male subjects experienced increased female hormone levels in the blood and decreased "good" cholesterol levels.

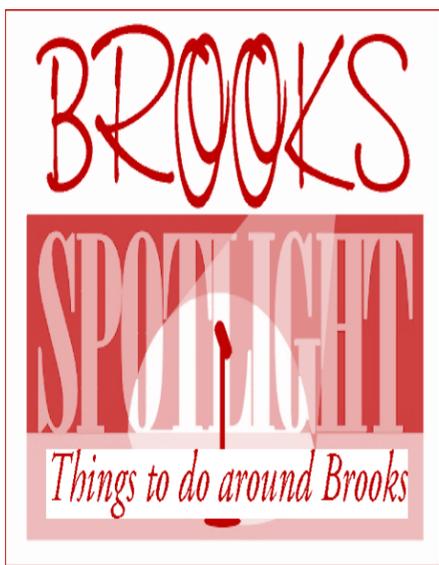
Long-term effects: uncertain.

\*Ginseng — The ginseng root has been a versatile herb in traditional Chinese medicine for thousands of years. Asians call it the "panacea" or "elixir of life." Proponents claim it increases resistance to disease; stimulates and improves the work of brain cells; prevents headaches, fatigue and exhaustion; and stimulates circulation and the functions of the endocrine glands.

Verdict: Jury's out.

\*Ginkgo biloba — This herbal product is alleged to improve mental facility and recall and to have beneficial effects on the circulatory system, particularly among the elderly. Studies have shown it can help in treatment of their short-term memory loss, headache, ringing in the ears and depression by improving blood flow in the arteries and capillaries.

Verdict: Jury's out.



**By Jan McMahon**  
Brooks Services Marketing Office  
536-5475

### Youth Services Center

**Bldg. 470, 536-2515**

Registration is being accepted for the Brooks Barracudas Swim Team for girls and boys, ages 7 through 16 years. The base teams will be part of the Palo Alto Summer League. The registration fee is \$35 per child.

Wanted, swim team coaches. Contact Larry Flores, youth sports director, at 536-8130.

The Brooks Youth Sports Booster Club co-hosts a golf tournament May

31. Check-in time is 12:30 p.m. with a 1 p.m. shotgun start.

The format is Florida Scramble and is limited to 16 teams (18 Holes), four golfers per team. Mulligans are sold for \$2 each or three for \$5 with a limit of three per person. Prizes will be awarded for the longest drive and closest to the pin.

Registration fee is \$25 per person and includes green and cart fees.

To register contact Larry Flores at 536-8130 or the Golf Course.

### Sidney's

**Bldg. 714, 536-2077**

Introducing Family Fun Nite at Sidney's starting June 4. Bring the family and enjoy the Pasta Bar and Pizza every Tuesday from 5:30 to 7 p.m. Prices are \$3 for adults, \$2 for children 2-10 years old, and children under age 2 eat free.

Children can watch the Cartoon Network while Mom and Dad enjoy dinner so make plans to stop by.

Matinee movies are now shown every Saturday at 1 p.m. All movies are G-rated. Jimmy Neutron is showing May 18 and May 25 features Dr. Doolittle. The movies are shown on the big screen television and all family members are encouraged to attend.

Candy and sodas are available for purchase, as well as popcorn for 10 cents per bag.

Saturday night at the movies now includes an all-you-care-to-eat pizza

bar for those who wish to eat while enjoying the movie. Beverages are available for purchase. The movies start at 7 p.m.

Call Sidney's for more details.

### NAF outlet sale

Get ready for another non-appropriated funds outlet sale May 24 at Bldg. 1157, the former Auto Skills Center, from 10 a.m. to 1 p.m.

Various items will be offered, including sofas, chairs, pictures, drapes, bedspreads and lamps. Matching sofas and chairs will be sold as sets.

Call Brooks Lodging at 536-1844, for more details.

### The FrameWorks

**Bldg. 1154, 536-2120**

How many mothers received priceless hand-drawn works of art from their children on Mother's Day?

Let us help you preserve them for years to come. Take advantage of our 50 percent off all mats June special.

Bring in your artwork and select mats and molding to compliment it. Coordinate your favorite artwork to display in your home or office.

Are you tired of giving the same old engraved wooden plaques as going away gifts or presentations?

Come by and let us show you the various items that can be used. Ideas include photos of the Alamo, bluebonnets, rattlesnakes, watercolors, prints by local artists, unique 3-D plaques, and more.

### Base Picnic

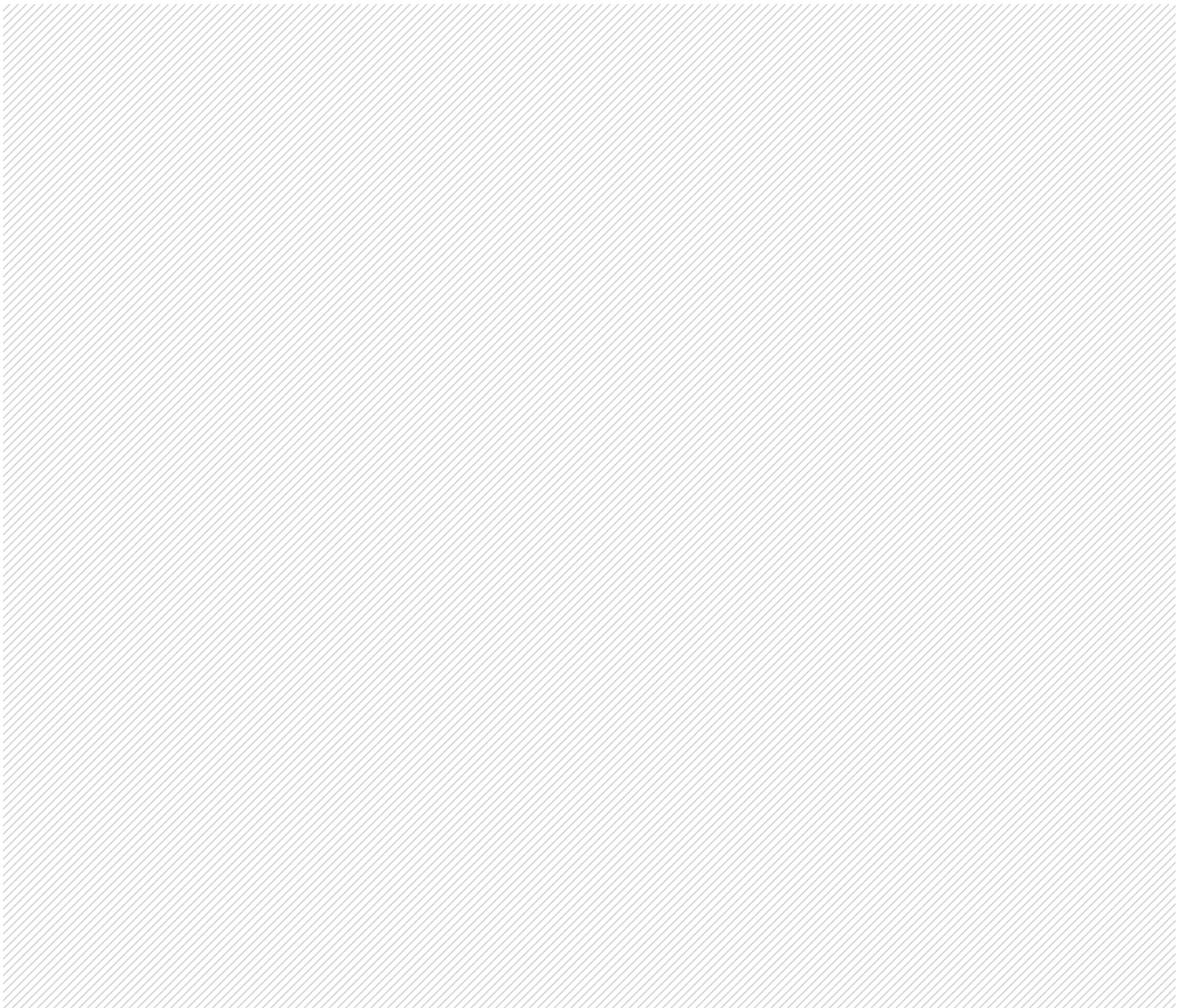
Mark June 14 on the calendar to make sure you don't miss the annual Base Picnic. Join the fun at the base picnic grounds between 11 a.m. and 7 p.m.

Entertainment is provided by The Texas Chili Peppers from noon until 3 p.m., and Ed Kadlecek and The Fun Bunch from 4 to 6 p.m. A DJ will play on pavilion 1 throughout the day.

There will be inflatable games for the children along with food and beverages to please everyone.

Base organizations will offer the following food and beverages:

- Consolidated Clubs— beverages
- Services— sodas
- PK Contracting— hot dogs
- AFIERA Booster Club— turkey legs
- SFS— frozen fruit popsicles
- USAFSAM— hamburgers
- USMRD— kabobs, gumbo
- Chief's Group— frozen drinks
- AFIERA Drug Lab—chili cheese nachos
- MDS VAC— sausage tacos
- Retirees Association—chopped BBQ
- 68 IOS—lemonade, tea, watermelon
- CS— chicken and beef fajitas
- AFSA—funnel cakes
- NCO Council— strawberry shortcake
- Spouses' Club— cookies
- HSW-YACN— bottled water
- Youth Center— Sno Cones
- CAG— ice cream bars
- Top III— brisket plate
- 311 ABG— taco salad
- AFCEE— chalupas
- AFMDA will provide clean-up.





# GI Mail keeps families in touch

By Master Sgt. Ron Tull

Air Force Print News

WASHINGTON — While there may not be a laptop in every mobility bag, service members with Web access are finding their families are only a few keystrokes away thanks to a 1997 Air Mobility Command initiative that has spread Air Force-wide.

Global Internet Mail, or GI Mail, is a secure means to allow service members and their families to reliably communicate with each other through e-mail. The service, found at [www.gimail.af.mil](http://www.gimail.af.mil), is one of many programs that keep families in touch, such as morale calls and video teleconferencing.

While it is similar to commercial e-mail services, there is one key difference — bandwidth.

“Commercial-driven services take up a lot of bandwidth because of the advertising that comes along with the free service,” said Maj. Jay Doherty, chief of Air Force Family Matters at the Pentagon.

“GI Mail functions in every theater of operations because it is on a military server with no advertising or anything extra.

“And, since government networks are limited to military access only due to a hacking or virus threat, GI Mail will be allowed through when other services won’t because it’s a military domain,” he said.

GI Mail started out in 1997 as an AMC initiative and grew until the service became part of the Air Force Crossroads Web site in February.

“It’s a perfect match,” Doherty said. “Family communications is a community issue,

and Air Force Crossroads is our official community Web site. We know that family is a big part of who we are and what we do. We know that when we’re separated from our families, there is anxiety that can cause a lack of focus on the mission.

“If our total force members know that their families are taken care of and that they can stay in communication, they’ll perform better,” he said.

Not only is GI Mail available to Air Force members and their families, but it is also available to all members of the Department of Defense worldwide, Doherty said.

“Air Force Crossroads just went over 10 million hits in April, so we know that Air Force personnel aren’t the only ones visiting the site,” Doherty said.

Account registration and use of GI Mail is available to users from any computer with Internet access. Eligibility to use the system is determined by the Air Force Crossroads interface with the Defense Eligibility Enrollment Reporting System.

Once validated as a member of GI Mail, the account’s User-ID and password can be used to access the system from anywhere in the world.

The account is intended for short-term use. Stored messages and dormant accounts are deleted after 90 days.

“It is designed to communicate on a more personal level, compared to your official government account,” Doherty said.

“It’s the equivalent of letter writing. Instead of sitting down with a pen and stationary, you can use GI Mail. You hit the key and it goes.”

## Air Force Safety Center changes motorcycle policy

All Air Force personnel who operate a motorcycle are required to attend or have attended an approved motorcycle rider or operator safety course, according to a recent change in Air Force policy. The new policy applies to all personnel, whether on or off duty, or on or off a military installation.

Air Force civilian personnel, contractors,

dependents and all other non-Air Force personnel who operate a motorcycle on an Air Force installation are highly encouraged, although not required, to attend an approved course also.

Military personnel are also reminded of the need to comply with the personal protective equipment requirements outlined in Air Force instruction.

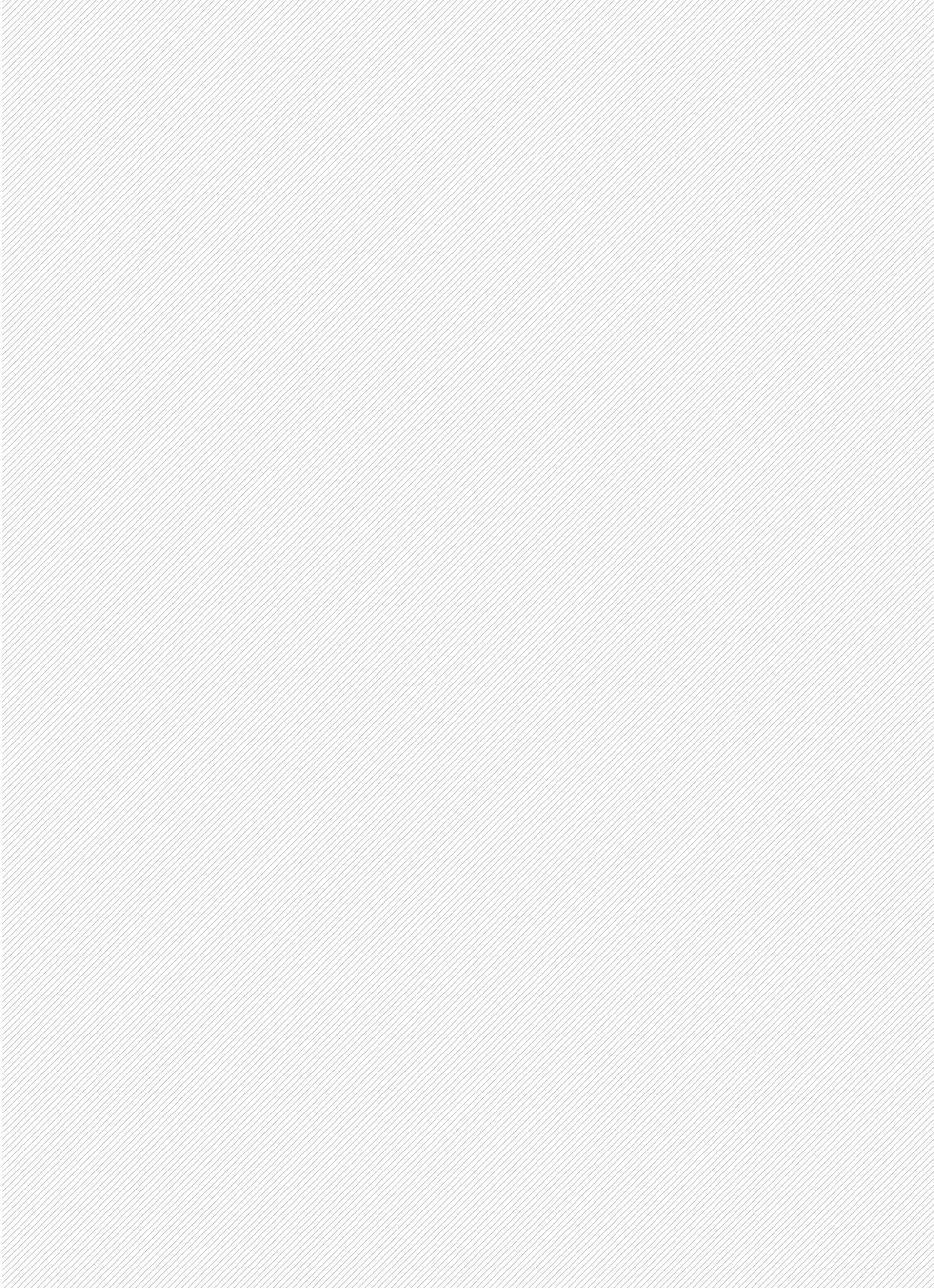
## IDEA program offers incentives, rewards

The IDEA program is an incentive program to reward submitters for their approved ideas that benefit the government by streamlining processes and improving or increasing productivity and efficiency.

IDEA also recognizes individuals for in-

tangible benefits such as improving morale or working conditions. Personnel can submit their IDEA at: [www.randolph.af.mil](http://www.randolph.af.mil).

Contact Andrea Garcia in the 311th Human Systems Wing Manpower Office at 536-3661 for more information.





# AFIERA begins softball campaign devoid of nemesis

By Rudy Purificato  
311th Human Systems Wing

The five-time defending Brooks intramural softball base champions began the season this week without the added motivation of having to compete against a perennial archrival.

The Air Force Institute for Environment, Safety and Occupational Health Risk Analysis team no longer has to contend with the mongoose vs. cobra-like relationship it has enjoyed against the U.S. Air Force School of Aerospace Medicine. USAFSAM, the defending league champs who lost to AFIERA in the base tourney a year ago, does not have a team for the 2002 season.

"Chief (Stephen) Smiley really kept it together (last year)," said AFIERA player-coach Aaron Sinclair. Sinclair, whose team edged USAFSAM 21-20 in the base title game, said it's the first time in many years that their chief nemesis hasn't fielded a squad.

USAFSAM's non-participation clears the way for AFIERA to once again dominate in a seven-team league.

"Nearly everybody is back from last year's championship team, and we've added a couple of rookies who will help us," Sinclair said.

AFIERA features five players who also play on the Brooks varsity base team: outfielders Rob Taylor, James Jarbeau and Marty Baugher, shortstop Cosme Romero and infielder Adam Vaccarezza. "We'll have Rob (Taylor) for the entire season. Last year he worked on Tuesdays (game days) and played in only a couple of games for us," the

AFIERA coach said with relish about his perennial all-star power hitter.

AFIERA's lineup is loaded with talent and experience featuring returning veterans such as 6'6," 280-pound

first baseman "Big John" Schlegel, utility player and pitcher Jim Thompson, slugging leftfielder Rene Ramon, leadoff hitter Sonny Kim and outfielder Ty Rob-

erts who Sinclair considers one of the best hitters on the team. Veteran righthander Doc Lee returns as ace of the staff.

In AFIERA's only preseason game, they crushed the 68th Information Operations Squadron's "B" squad 30-8. "Every starter can hit, but we have three legitimate home run hitters who can homer on the big field (310 feet to dead center field): Taylor, Schlegel and Jarbeau," Sinclair noted. He said he doesn't know who will be AFIERA's main rival this year.

A veteran team with a new name, Wolfpack, is expected to be nipping at

AFIERA's heels throughout the season. Wolfpack first-year coach Greg Gray's team is the 68th IOS's "A" team, packed with stars from last year's play-off contending squad.



Photo by Rudy Purificato

USAFSAM's chief home run threat Joel Berry waits on an Aaron Sinclair pitch during an intense game against archrival AFIERA. The 2001 season ended with these teams pitted against one another in the base tourney.

"We had 40 players who wanted to play, so we formed two teams. The Wolfpack has most of the talent," admits 68th IOS "B" team player-coach Lester Eckman. It was his team that AFIERA

stomped in the preseason.

"We didn't have all of our starters," Eckman said, explaining that AFIERA will be surprised by the competitiveness of the 68th IOS's two-team 'double-barrel' offense during the regular season. "Everybody in our starting lineup can hit homeruns," said Gray, who said one of Wolfpack's strengths is its defense.

"We are solid defensively with our middle infielders and our outfield. We have the best double play tandem in the league with shortstop Mike Vinceguerra and second baseman Casey Davis. Starting catcher Enrico

Salabarría is one of the better catchers in the league," admits Gray. Vinceguerra and veteran first baseman Matt Failace also play on the base varsity team.

Wolfpack also features returning starting outfielders Eric Fink, Randy Blevins and Kenny Nessel and pitcher Mike Smith. The team has added a few new weapons including rookie leftfielder Tim Heggedahl and a second starting pitcher, Tim Anderson, who was picked up out of the player's pool and is considered an 'impact player' as a slugging hurler.

The 68th IOS "B" team also features some veterans including outfielders Damon Hutchins, Vincent Salinas and Kyle Boes, and shortstop Hythan Elsaleh. However, the team's offensive core includes rookie second baseman Nick Liddell, first baseman Scott Dye and outfielder Rick Fuhrman, the latter a legitimate home run threat.

Rounding out the competition are the Defenders (311th Security Forces Squadron) coached by base varsity coach Michael Clancy; the combined Air Base Group/Mission Support Squadron team coached by Carl Lewis, PK (311th HSW Contracting) coached by John Delbarrio and YA (311th Human Systems Program Office) coached by Doug Ferrata.

The regular season ends on June 13 and will be followed by a post-season tournament to determine the base champion. The top four teams with the best regular season records will advance to the playoffs.

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## 'Heavyweights' show they're 'Strong as you wanna be'



Photo by Rudy Purificato

Willie Mastin, center, reviews the rules with competitors at the 6th annual "Strong as you Wanna Be" bench press meet at the fitness center.

By Rudy Purificato  
311th Human Systems Wing

The former state record holder in the masters division for bench press once again showed that he is the strongest powerlifter on base when Dennis Abernathy successfully lifted 425 pounds during the 6th Annual "Strong As You Wanna Be" lunchtime bench press meet held May 10 at the fitness center.

Abernathy was one of 13 Brooks athletes who competed in the meet that was created by fitness center specialist Willie Mastin in 1997.

"It's not a competition, but a self-evaluation of their progress (in powerlifting training)," said Mastin, former U.S.A. Powerlifting state chairman who now serves as a national level judge.

Mastin said the event is annually held in May in support of Air Force Fitness Month, renamed this year as Mission Fitness 2002.

Bench press, one of three events in powerlifting, is the primary exercise for building upper body strength. The event is performed on a bench in which a competitor lies flat on their back and lifts the weight from an elevated stationary bar. The weight must be successfully lifted off the bar and pressed down to the chest and then lifted back onto the bar.

Because this meet is a demonstration rather

than a competition, no age or weight classifications were observed.

However, athletes did follow powerlifting rules that included three attempts to lift their announced, incremental weights.

The meet featured two active U.S.A. Powerlifting competitors and referees: Abernathy and Jimmy Scott.

"I started competing in 1990. I set the state record for bench press in 1995 with a 485-pound lift. That was when I was a lot younger," said Abernathy, a 45-year-old Military Personnel Flight civilian. He held that record, set during a state meet at Brooks, for two years.

Besides giving lunchtime weight room regulars an opportunity to demonstrate their strength, the meet is also designed to promote confidence and encourage participants to consider competing in an actual powerlifting meet. Mastin plans to hold such a meet Dec. 7.

Registration for this event begins in early October.



Photo by Rudy Purificato

Dennis Abernathy lifts 425 pounds in this attempt during the 6th annual "Strong as you Wanna Be" bench press meet.

### MEET FINAL RESULTS

Weight	(in lbs)
<b>Men's Division</b>	
John Taboada	225
Will Pyles	250
Jeff Miller	330
John Jenkins (military)	335
Joe Beauregard	350
Bob Jasso	350
Tracy Washington	350
Wes Venters	385
Jimmy Scott	380
John Jenkins (civilian)	390
Dennis Abernathy	425
<b>Women's Division</b>	
Patricia Gonzalez	95
Nora Merritt	100



### Sponsorship provides Missions tickets, savings Bond contest

RANDOLPH AIR FORCE BASE, Texas— Through a commercial sponsorship, military families in the greater San Antonio area will receive free tickets to a Memorial Day baseball game.

Kraft Foods is giving away 15,000 tickets for the May 27 San Antonio Missions baseball game to military members and families from local military installations.

Tickets for the game are available at services and morale, welfare and recreation. The game features a patriotic theme and a fireworks display.

Kraft will also conduct an essay contest and award four \$1,000 U.S. Savings Bonds to military children from San Antonio installations.

To enter the contest, military youth 18 years old and under should write and submit a 1,000 word or less paper on, "The Person I Admire."

Contest entries should include name, age, telephone number and base. Essays should be postmarked by Aug. 15 to:

San Antonio Missions Baseball Club  
Oscar Mayer Youth Essay Contest  
5757 Highway 90 W  
San Antonio TX 78277

"Kraft Foods wanted to do something extra special this year to thank military personnel for their service and a special patriotic theme was chosen for this event."



# Final phase complete in fitness center renovation

By Rudy Purificato  
311th Human Systems Wing

Brooks senior leaders celebrated the completion of the final phase of the \$425,000 fitness center renovation project recently with a ribbon-cutting ceremony that officially opened the renovated women's locker rooms.

Col. Terry Nelsen, 311th Air Base Group commander; Col. Stuart Cowles, 311th Human Systems Wing vice commander and fitness center director Roy Conatzer participated in the ceremony, attended by about a dozen patrons and special guests.

"Roy Conatzer has done a tremendous job in ensuring this project was completed. He has pushed me on quality of life issues involving the fitness center," Nelsen said. Cowles was also effusive with his praise of the fitness center staff and the 311th Civil Engineer Squadron for their contributions leading to the first major renovation of the facility since it opened in 1981.

"What's neat about this is it's a total upgrade of the entire facility. I also want to commend the Air Base Group for their idea of including a distinguished visitor locker room for women," Cowles said, noting that the project meets the Brooks community's needs while serv-

ing as a model for gender equity in facility support.

"The project was designed to improve morale and welfare through quality of life upgrades that will make the fitness center more functional for active duty men, women and civilians," explained George Garcia, project manager for 311th CE.

Between 6,000 and 7,000 square feet of space has been renovated. "Each phase included new flooring, lockers, ceiling fans, bathroom and lighting upgrades," Conatzer said. Besides renovating the men's and women's lockers, distinguished visitor locker rooms for men and women were added.

Rick Sinkfield, an Air Force Center for Environmental Excellence architect, provided the original project design plans. MCC Construction Corporation of Denver was the prime contractor.

The project fulfills the fitness center master plan for upgrades that are projected to last another 20 years. "I think this has been long overdue. The fitness center was originally built using 1970s design ideas," Garcia explained. Conatzer added, "We are very pleased with the outcome and have received an enormous amount of feedback from our patrons."



Photo by Tech. Sgt. Pedro Ybanez

## Group effort

Brooks Health and Wellness Center staff member, Staff Sgt. Mary Nichol, left, stands with Elizabeth Macias, Air Force Institute for Environment, Safety and Occupational Health Risk Analysis, Jacqueline Solis, also of AFIERA, Suzanne Bagnato of the Air Force Research Laboratory and Master Sgt. Sandra Hawkins-Cooper, 311th Medical Squadron, the winners of the latest "Win the Losing Battle" contest. Winners received first through fourth-place prizes and certificates for achieving the greatest percentage of their weight-loss goal set at the beginning of the contest, and for the greatest individual weight loss. Solis earned first place by achieving 185 percent of her goal. Between February and March, the group collectively lost a total of 121.75 pounds.